

A decorative border of orange pumpkins with black faces surrounds the entire page. The pumpkins are arranged in a grid-like pattern, with some overlapping.

Green Valley Cyclists Newsletter

October 1, 2006

Who We Are

The Green Valley Cyclists are a group of individuals who enjoy cycling in and around the Henderson and Las Vegas area. Our goal is to promote cycling throughout the community for fitness, and most of all fun! To find out more about us and how we operate go to our website at <http://www.Greenvalleycyclists.org>

News

On September 9 and 10th The NUBS guys... Scott and Erik and two friends Kevin and Erik; did a ride from Ventura to Las Vegas to honor the fallen firefighters on 9-11. A few of us rode out to meet them on their way in, and ride the last few miles with them. It was a great time and it was so surprising they looked fresh after 343 miles. **On Saturday Sept 23** Scott set a new record for the ride across the state of Nevada from South to North. If you have the desire for distance check out the NUBS they will certainly help you meet your ultra distance goals. See page 3 for more.

September 23rd we had our Club Meeting. Minutes will be posted on our website. In brief we had a great meeting with good discussions, prizes and great refreshments thanks to our Hospitality Team. If you would be interested in helping our Hospitality Team they are in need of 3 more volunteers to help with planning the Christmas Party. To volunteer contact svpuy@yahoo.com

About US

If you have wondered what the A-B-C means on our ride calendar: Ride Hosts follow these guidelines in hosting rides.

(A) 40-60 miles, 18-25 mph, moderate to difficult climbs, regroup at top of major climbs, no sweeper or rest stops.

(B) 30-50 miles, 14-16 mph, flat and/or moderate climbs, regroup mid way, sweeper waits for slower riders, assist with minor mechanical problems, this is the average weekend club ride.

(C) 10-15 miles, 10-12 mph - stops as needed, group waits for slower riders and assist those having minor mechanical problems. Leader gives instructions to beginners on group etiquette and safety before leaving parking lot.

Note: +/- next to the letter indicates the ride is similar in nature with some variation, such as same route and distance, but a slightly slower pace.

"Most of the time our "B" rides are 30-35 miles; but occasionally they are longer. The exact distance is posted in the ride description on the calendar."

Ride Hosts and Sweepers are always needed. It is not necessary to be a fast rider to lead rides, just a willingness to help out. To Volunteer contact svpuy@yahoo.com

Our Clubs Rides

For posted rides refer to our calendar. <http://www.greenvalleycyclists.org/calendar/plans.cgi>
There are many options to choose from on weekends and during the week. Our "A" rides offers faster paced rides to various places such as Mt Charleston, Our "B" rides are social in nature, with all levels participating and we have family and beginners rides once a month. The calendar has all the details.

To stay informed of other events or last minute changes, join the email list.
<http://sports.groups.yahoo.com/group/greenvalleycyclists/>

Upcoming Events

The Green Valley Cyclist's will be participating as course bike marshals in the **Las Vegas Marathon on December 10**. We will be riding in teams of 2-4 cyclists and covering a specified area of the course. Our main job will be to monitor the runners and spectators and relating any problems to the Ham operators posted along the route. Mike will be sending out more details as they become available; to volunteer contact Mike Hair Topgolf@aol.com

Halloween Costume Ride and Costume Contest

We will be hosting our 3rd annual Halloween Costume Ride around Green Valley. Come join us for the fun and especially the funny looks we get riding our bikes in costumes. We will have a contest for the best 3 costumes with nice prizes for each person.

Welcome New Members in September!

Robyn and Sari Perlow
Greg Flores
Clark Smith
Ernest Ziesman
Timothy Casino
Mike McGlynn
Robin Mendoza
Bill Laine
James & Trudy Powell
Scott Johnson
Scott, Jodi and Trevor Petty
Frances Heiy
Monica Van Gundy
Rick Henderson

Tip for Changing a Flat
Talc..... see page 4

Tip: Google Maps, this site allows you to very easily trace out a route and keep track of the mileage - perfect for planning bike trips of all lengths anywhere in the country!
<http://www.gmap-pedometer.com/>

Bike Journal

<http://www.bikejournal.com/signup.asp>
Sign up and log your miles... this will enter you (members only) in our twice per yr drawing for a very nice prize.

Local Bike Shops

Aspen Creek Cycling 702-893-BIKE
(2453)

JT's Bicycle 702-756-7208
<http://www.jtsbicycle.com>

Manual & Ollie's Bicycle Shop
702-568-0882

The Bike Shop 702-897-1618

Other Ride Options Include

Nevada Ultra marathon Bicycling Society (NUBS)

For Information see our website (NUBS)
<http://www.greenvalleycyclists.org/docs/nubs.php>

For Information Contact

Erik: futonamo@hotmail.com

Scott: nubscycling@earthlink.net



For Sale



1994 Trek Carbon 54" frame

Trek 5200 Carbon 1994 Frame
Shimano Ultegra 600
speedplay pedals
54 cm. frame
\$680 obo
Call Dana
338-8015 or 567-7060

Officers and Members at Large

Sandy VanDerPuy, President
Ron Volkmar, Vice President
Lois Hlohowskyj, Treasurer
Sunny Hill, Secretary
Trish Jones
Scott Dakus
Eric Skramstad
Mike Hair
Greg Minchef

Membership

We welcome riders of all abilities. If you are interested in joining us you can download the application from our Website below:
<http://www.greenvalleycyclists.org>

Please send comments or articles for inclusion in the next newsletter to
Sandy
Svpuy@yahoo.com



A Tip for Changing a Flat RoadBikeRider.com

Talc is the key ingredient to mounting any bike tire, particularly folding road tires with tight Kevlar beads. Talc (baby powder) allows the tube to move freely inside the tire so it doesn't interfere with the tire/rim interface. Tubes get pinched and punctured when they become trapped between a tire lever and the rim. Generous use of talc (corn starch works too) dramatically reduces this risk. Always dust the tube with talc!

Okay, now here's my easy-mount procedure:

---Place one side (bead) of the tire on the rim. That should be pretty easy. Align the label with the valve hole to look pro. Add just enough air to the tube to give it shape. Push the valve stem through the rim and feed the rest of the tube into the half-mounted tire.

---Back at the valve hole, start seating the other bead, working with both hands around the rim in opposite directions. If the tube has too much air it'll become obvious. Let out a little. Use your thumbs to push the bead onto the rim. That's what thumbs were designed for.

---At a certain point it'll become difficult, leaving a small section of tire unseated. Breathe in and let out a Ninja cry. Won't go? Squeeze the seated beads together all the way around the wheel so they go into the rim's deeper center. Let out any remaining air. Breathe deep again and try Ninja cry No. 2. If your thumbs are shot, grip the stubborn section with both hands together and try to push/roll it on with your palms.

--- Still won't go? Then you must resort to the dreaded tire lever, a sure sign of weakness and a troubled childhood. When I use them (hey, I never said I had a perfect upbringing) I slide the lever (plastic preferred) along the braking surface of the rim under the bead so I don't pinch the tube, then I gently pry the bead the rest of the way. "Gently" may not be part of your repertoire at this point. Thumbs or palms are best, and patience is a virtue, but a tire lever does have its place.

---After the tire is on, push the valve stem up inside, then pull it down again. Go around the wheel, flexing the tire side to side as you look into the rim to be sure the tube isn't trapped under a bead.

---Start pumping air, then stop every 20 psi or so to check for places where the tire might be lifting off the rim. That means the tube is caught under the bead. If you ignore it, the explosion will be loud enough that you'll need to change your chamois and have your hearing checked. Let the air out and massage those sections to get the tube inside. Then gas 'er up!

This procedure should take about 4 minutes. Well, maybe 10 if you don't squeeze tennis balls.

Remember, use talc! It's truly the key to making tire installation as smooth as baby's behind.